



## Ann G. Freeze

March 12, 1936 - January 14, 2026

Exeter - Ann Gilman Freeze, 89, passed away peacefully January 14, 2026 after fighting a long a long illness valiantly. Right up to the end Ann maintained her determination, kindness, compassion, and love of her family and friends.

Ann was born on March 12, 1936 and grew up in Hampton, New Hampshire at Runnymede Farm. She played both tennis and field hockey at Hampton Academy and High School, building the discipline and resilience that would serve her well all her life. She went on to graduate from Concord Hospital School of Nursing as a Registered Nurse. It was at a party in Hampton NH that she met the love of her life, Ron - an Air Force pilot. They married in May of 1958 and went on to share 67 years of marriage filled with adventure and deep devotion to each other. Together they raised three children and traveled the world, building a life rich in experience, laughter and unwavering family bonds.

Ann loved being a nurse and served as a Private Duty nurse in Seattle, WA, surgical nurse in Dayton, Ohio, orthopedic nurse in Wiesbaden, Germany, Charge Nurse and Nursing Supervisor at Portsmouth Hospital and finally as Continuing Care Manager at Portsmouth Hospital. She earned a Bachelor of Science from New England College in 1982, and a Master of Public Health Care Administration from Golden Gate University in 1989.

Ann was a quietly strong woman - not one for loud declarations. Through every move with Ron's military career, she met every challenge with grace. After the passing of her beloved husband two years ago, Ann carried on with courage holding fast to the love that they had shared. Her strength in those lonely years reflected the depth of her heart and the love she had for her daughters, sons-in-law, and granddaughters.

She is survived by her daughter Jeanne Freeze and her husband Jeremy Riecks, daughter Elizabeth Gallagher and her husband Brian, and her cherished granddaughters Kaly and Weyni Gallagher.

She is deeply missed.

A graveside service will be held in the spring with dates and times being announced here.

# Tribute Wall

LC

“ John and I have very fond memories of Ann (and Ron) from the loving fellowship we shared together at Rye Congregational Church. They served the church and our Lord in many capacities and I especially remember joining the Fellowship Committee when Ann was the Chair. We were sad when they moved to Exeter, though we were grateful they found a wonderful place to spend the rest of their earthly years. Our sympathy to Ann's family; our prayers will continue for peace and happy memories.

---

**Linda and John Cavanagh** - January 24 at 12:22 PM

TD

“ Dear Beth, Jeanne, and family: My deepest condolences to you all on the loss of your special mom. Although I only had the pleasure of meeting her once, I remember how warm and friendly she was. After reading her obituary, I can see just how much of her must live on in the rest of her family—things like her compassion and her ability to care for others. Please know I am keeping you all tucked into my heart for however long you need. Sending love and hugs to each of you. Ann Gilman Freeze will not be forgotten. ❤️  
With love,  
Tammy, Jim, and Mia



---

**Tammy DeRoche** - January 20 at 10:29 PM